

THE **ATHLETE SUPPORT'S** ROLE

IN ANTI-DOPING



UFC Anti-Doping Program

Anti-Doping: How can I help my athletes succeed?

As an identified support person, you are one of the most dynamic and influential people in your athlete's life. With responsibilities ranging from running athlete training to serving as a representative for your athlete after they've been selected for drug testing, it is absolutely vital that you maintain a comprehensive understanding of the anti-doping process. Your athlete's rights and responsibilities under that process, as well as the role you play in keeping sport clean is outlined in the pages to follow...





WADA Prohibited List

The UFC Anti-Doping Policy incorporates the World Anti-Doping Agency (WADA) Prohibited List, which is revised and published annually. Typically, a substance or method is considered for the WADA Prohibited List if the substance or method meets any two of the following three criteria: it has the potential to enhance or does enhance sport performance; it represents an actual or potential health risk to the athlete; or it violates the spirit of sport. For the most up-to-date information, visit UFC.USADA.org/prohibited-list/. To view the prohibited list in additional languages, visit <http://list.wada-ama.org/>.

Your Role

As a support person, athletes come to you with questions about their technique, practice schedules, and other areas of sport you may not be as well versed in, such as anti-doping. Your influence over your athletes is crucial to helping them create their own identities and build their reputations. Remember, it takes a lifetime to build a reputation, but it can take only a second to destroy it.

Athletes have a number of rights and responsibilities with respect to doping control. You can help athletes through the process by being aware of their rights and responsibilities. This becomes extra critical when a language barrier exists.

Some athletes' rights during a test include:

- Have a representative accompany them throughout the doping control process. As a support person, this could be a role you play.
- Request to view the Doping Control Officer's (DCOs) credential.
- Have a language interpreter present if available.

Some athletes' responsibilities during a test include:

- Report immediately to the Doping Control Station unless there are valid reasons for delay such as fulfilling media requirements, obtaining medical treatment, etc.
- Present a government issued photo identification.

To learn more about Rights and Responsibilities during the drug testing process, visit UFC.USADA.org/sample-collection-process.

Sample Collection Process for Urine

When an athlete is ready to provide a sample, a DCO or Witnessing Chaperone of the same gender as the athlete will directly observe the actual provision of the sample. The DCO will explain the process thoroughly prior to the collection. Please visit UFC.USADA.org/urine/ to watch the sample collection video.

Sample Collection Process for Blood

In some cases, athletes could be selected for blood testing. During the blood collection process, less than one tablespoon of blood will be drawn. An athlete will be required to remain in a seated position for a minimum of 20 minutes prior to the blood draw. Visit UFC.USADA.org/blood/ to view the blood collection slide show.

Can a representative assist in handling equipment, splitting the sample, or completing paperwork when an athlete has restricted mobility or manual dexterity?

Yes. For example, an athlete who is injured and is uncomfortable completing the process by his/herself can designate their representative to assist in the process.

Is cortisone prohibited?

The answer to this question depends on the route of administration. Cortisone is prohibited in-competition when injected intra-muscularly or intravenously, or when consumed orally or rectally.

Drug Reference Resources

As a support person, it is important that you help your athletes check the status of all substances, medications, and methods prior to use. USADA has developed a number of resources to help athletes with this.

- Global Drug Reference Online (UFC.GlobalDRO.com) is an online and mobile enabled resource to search the prohibited status of specific medications based on the current WADA Prohibited List.
- The **Wallet Card** is a quick reference summary of prohibited and permitted substances based on the current WADA Prohibited List. The Wallet Card is updated annually.
- USADA's Drug Reference Line® gives you access to an expert over the phone to answer questions about the status of a substance. Call 1-719-785-2000 and select Option 2.
- To view other Anti-Doping Organization resources, visit ufc.globaldro.com/Home/Other.

Do I have access to Global DRO so that I can assist my athletes in checking the status of their medications?

Yes. Athletes, coaches, agents, etc. can use Global DRO to determine the status of a medication or method.

Therapeutic Use Exemption (TUE) Process

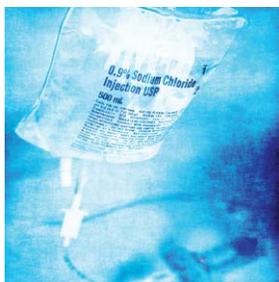
There may be circumstances in which treatment for a medical condition requires that your athlete take medication containing a prohibited substance or utilize a prohibited method. If this occurs, the athlete must seek approval through the TUE application process prior to using a prohibited substance or prohibited method in sport. You can be a valuable resource in helping guide your athlete through the TUE process. For more information visit UFC.USADA.org/tue.

To determine if a TUE is necessary for your athlete, follow the steps below.

1. Check the status of medications at UFC.GlobalDRO.com to determine if a TUE is needed.
2. Complete the TUE application.
3. Apply for a TUE by visiting UFC.USADA.org/apply. Ensure that forms are complete, legible, and signed by the athlete and his/her physician.

Once an athlete submits the TUE application, he/she will receive confirmation that USADA received it. If the TUE application is denied, the athlete will be provided with a detailed explanation for the denial and an opportunity to address any deficiencies in the application.

If the TUE is approved, your athlete will receive a certificate indicating the approval length for the prohibited substance and/or method. The longevity for a valid TUE varies among cases. All medical information submitted to USADA remains confidential.



If emergency treatment is required, proceed with the emergency treatment. A TUE should be filed with the full medical documentation from the emergency as soon as possible after the start of treatment. The decision on the emergency TUE request will be made after treatment has taken place.

When should athletes apply for a TUE?

Athletes should apply for a TUE at least 21 days in advance of intended use of the prohibited medication when the athlete is not scheduled to participate in a bout; or at least 90 days in advance of the athlete's intended use when the athlete is scheduled to participate in any bout more than 90 days in the future; or as soon as practicable when the athlete is scheduled to participate in a bout with less than 90 days advance notice.

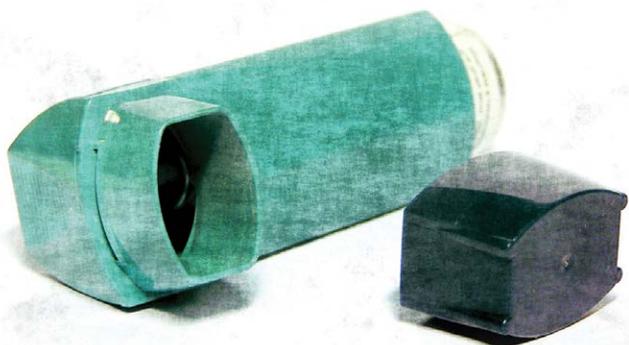
Whereabouts Filing

Under the UFC Anti-Doping Policy, all UFC athletes must submit whereabouts information. You can be a crucial asset in helping ensure they meet their whereabouts filing requirements. Your athlete should receive an email notification from USADA if he/she is in the USADA RTP (Registered Testing Pool) and will need to provide whereabouts.

All UFC athletes must meet this requirement. As a support person, you play a crucial role in ensuring their compliance, especially in situations where there is a language barrier.

Annually, athletes who are a part of the RTP must complete Athlete's Advantage®, an online education tutorial that provides information related to anti-doping requirements for USADA RTP athletes. Athletes must complete the tutorial prior to submitting their whereabouts filing at least once a year.

Whereabouts filings must be submitted quarterly (every three months). Learn more about filing whereabouts at [UFC.USADA.org/whereabouts](https://www.usada.org/whereabouts).



Can I help my athletes with the whereabouts requirement?

Yes. Remind your athletes to file by the deadline and encourage your athletes to update their whereabouts when necessary. Athletes can update their whereabouts by logging into their Athlete Express® account at UFCAthlete.USADA.org or by using the USADA Updater app. Download the Update USADA app on Google Play or in your App Store. The application is available in multiple languages.

Retirement

At some point in their career, an athlete may make the decision to retire or go on hiatus from the UFC. When they are ready for retirement or a hiatus, there are steps that must be taken to make it official and to remove themselves from the testing pool, including, but not limited to, promptly informing the UFC in writing via mail or email that they are retiring or going on hiatus. Until an athlete has finalized all of the necessary steps, they are still subject to the requirements of an athlete in the UFC Registered Testing Pool.

To confirm retirement, an athlete will receive a retirement letter from USADA stating the date of retirement, withdrawal from retirement information, and return from retirement options should the athlete wish to return to competition. Learn more about the retirement process at UFC.USADA.org/retirement.

What if an athlete wants to come out of retirement and return to competition?

The UFC Anti-Doping Policy requires athletes to notify the UFC, in writing, of their return from retirement at least 6 months before participating in any competition. If they wish to seek exemption from the 6-month written notice rule, they must apply to the UFC.

Results Management

USADA is responsible for the results management and adjudication process for athletes participating in Mixed Martial Arts, under the UFC, thereby providing important independence and removing any potential conflicts of interest from the UFC. USADA communicates with athletes regarding test results and handles cases resulting from any potential Anti-Doping Policy Violations (ADPVs). The results management process is designed to protect the rights of clean athletes and preserve the integrity of competition; hold accountable those athletes looking to cheat through the use of dangerous, performance-enhancing drugs; and ensure only those athletes guilty of ADPVs face sanctions. USADA works to achieve a transparent and fair results management and adjudication process in accordance with well-established procedures as outlined in the UFC Anti-Doping Policy.

I am a support person and not subject to testing. Do I really need to learn about Results Management?

Yes. As a support person you should understand the Results Management process. Support personnel, although they may not undergo testing, can face a sanction for other reasons such as trafficking or administering prohibited substances.



Play Clean Tip Center

USADA is unwavering in its belief that every athlete has the right to compete on a clean and level playing field, free from the pressures and health-risks of performance-enhancing drugs. Throughout USADA's history, tips and information have played a pivotal role in allowing USADA to discover anti-doping rule violations and protect clean athletes. While information from athletes and coaches can and has resulted in non-analytical positives (a sanction that has been issued in the absence of a positive test), credible tips can also aid USADA in setting up targeted testing missions as well.

USADA encourages everyone to report suspected doping violations to USADA's Play Clean Tip Center in one of the various ways listed below. You have the option to remain anonymous.

- PHONE: 1-877-752-9253
- EMAIL: playclean@USADA.org
- MAIL: 5555 Tech Center Drive, Suite 200
Colorado Springs, CO 80919
- ONLINE: UFC.USADA.org/playclean

Personalized Education

Interested in receiving additional education for your athlete or team? Request a personalized education session by visiting UFC.USADA.org/resources/. Make sure to include a preferred language, as translation assistance is available.

Inside the Octagon: Athlete's Corner

For important anti-doping program updates, reminders, and advisories, visit Inside the Octagon: Athlete's Corner at UFC.USADA.org/athlete-corner/.

Athlete Test History

Want to know if your competitor has been tested? Check the Athlete Test History to view the number of samples USADA has collected during test sessions on an individual UFC athletes during a given period of time. UFC.USADA.org/athlete-test-history/



Supplement 411 is the latest tool USADA has developed to help athletes and support personnel understand the risks associated with the use of dietary supplements and make healthy, informed decisions.

A comprehensive online educational portal, Supplement411.org addresses the important issues surrounding the use of dietary supplements, helping athletes to: **REALIZE** that there are safety issues with dietary supplements; **RECOGNIZE** risks in the dietary supplement industry when they see it; and **REDUCE** their risk as much as possible if they decide to use dietary supplements.

Some additional key features on Supplement411.org include:

- A supplement bottle video gives an in-depth look at problems with packaging and labeling.
- The High Risk List and the High Risk List app name specific supplements that are known to contain prohibited substances.
- A third-party testing guide helps evaluate independent supplement testing companies.

USADA hopes that Supplement 411 empowers all athletes to make the best informed decisions concerning supplement use.



Athlete Express® provides information and support over the phone and by email regarding whereabouts, testing, Therapeutic Use Exemptions, prohibited substances, educational resources, and more. Translation assistance is available.



UFC Anti-Doping Program

© 2016 USADA. Permission to reprint or redistribute altered or excerpted materials will be granted on a case-by-case basis; all requests must be made in writing to the U.S. Anti-Doping Agency.